

# Toivo

by Advocacy Unlimited, Inc.

presents

## THE PROHEALING FESTIVAL & 5K



**Saturday,  
September 26**  
**Walnut Hill Park**  
**New Britain, CT**  
**9 a.m. - 1 p.m.**

**FREE & OPEN  
TO THE PUBLIC!**

Join us for an amazing day of activities including:  
**Yoga, drum circles, sound healing meditations,  
inspiring talks, chair massage, Reiki, henna art,  
Zumba, FREE health & wellness info, 5K Run/Walk,  
Kid's FunRun and a SPECIAL performance by  
CT's own funk/reggae duo, HannaH's Field!**

**DRUMMING**

**5K RUN/WALK**

**MEDITATION**

**YOGA**

**ZUMBA!**

For vendor information or to  
sign up for a **FREE BOOTH** for your  
holistic business, call Hilary Bryant  
at 860-296-2338 (ext. 108)  
or email [hbryant@mindlink.org](mailto:hbryant@mindlink.org)

**5K Registration: 7 a.m.**

**Kid's FunRun: 7:45 a.m.**

**5K Run/Walk: 8:15 a.m.**

**\$20** EARLY BIRD  
REGISTRATION for **5K**  
BEFORE AUGUST 29

**\$25** AFTER AUG 30

### Toivo

Toivo by Advocacy Unlimited, Inc.  
399 Franklin Ave., Hartford, CT 06114  
[www.toivocenter.org](http://www.toivocenter.org)

-PEACE, LOVE & TOIVO-

## 5K ONLINE REGISTRATION:

[HTTPS://RUNSIGNUP.COM/RACE/CT/NEWBRITAIN/TOIVOINTHEPARK](https://runsignup.com/race/CT/newbritain/toivointhepark)

**5K INFO, CALL LINDA LENTINI AT 860-667-0460 OR  
EMAIL [LLEENTINI@MINDLINK.ORG](mailto:lleentini@mindlink.org)**